

Yoga Six 200 Hour Yoga Teacher Training



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Project Description

This past summer, I completed a Vinyasa Yoga Teacher Training at Yoga Six in Upper Arlington. Throughout the 3 month program, I learned about yoga history and philosophy, teaching methodology, anatomy, meditation, and elements of a dynamic yoga class. Yoga teacher training expanded my knowledge of the physical and spiritual practices of yoga.



Our cohort of yoga teachers in training.

Motivation for completing Yoga Teacher Training

I had maintained a steady yoga practice for about a year when I decided to use my STEP funds for yoga teacher training, or YTT. Practicing yoga allowed me to cope well with stress, and I wanted to explore the practices and techniques of yoga that make me feel relaxed. Additionally, I desired to learn about yoga history and philosophy. YTT was the next phase in developing my yoga practice. I had thought about completing YTT and STEP gave me an opportunity to complete an experience I would not have had otherwise.

Impact on Goals

Although I had not envisioned myself teaching yoga when beginning this experience, I hope to complete additional trainings and teach yoga as a part time job while developing a career after graduation. I hope to integrate Ayurveda, a sister practice to yoga that integrates mind and body connection, and yoga practices into my career. As my professional goals continue to develop, I plan to incorporate my 200 hour yoga teacher certification into my work.

Personal Impact

Completing YTT was a step outside of my comfort zone. With a rigorous schedule and short time frame, there were many days I felt that I had been pushed beyond exhaustion. Completing YTT as well as working a full time summer job helped me manage my time with a full schedule. I was able to soak in like a sponge all of the knowledge and mentorship provided by the facilitators. At the end of the program, I was grateful for the experience I had and the personal growth I felt. Practice teaching a yoga class increased my self efficacy. Balancing a full schedule allowed me to set boundaries for myself. As I continue to grow and develop into my fullest potential, I will use the skills, knowledge, and growth I gained from my YTT experience.



Transformational Experience

The concepts of Tantric yoga ideology were physically illustrated to me during the anatomy module of the program. We studied how individual anatomy influences yoga postures, and the anatomy teacher explained that the differences in bone structures can be seen in individual faces: we all have the same bones in our face, but the variation of such makes for different face shapes, no two of which are the exact same. In yoga poses, there are safe alignment principles that protect from injury, but my yoga teachers encouraged me to do what feels best in my body, regardless of what variations others take. This illustrated to me that there is no objectively right way to do things.

The facilitators incorporated elements of meditation and spiritual practice into the study of physical yoga poses. The meditation practices facilitated my development of witness consciousness — the ability to witness thoughts, commonly referred to as *metacognition* in academia, and withhold judgment of those. Applying concepts we were learning off my mat, such as the yamas and niyamas — guidelines for treating others and yourself — allowed me to experience personal growth. Throughout the 3 months of the program and since, I have genuinely enjoyed getting to know the other teachers in my training cohort. Our 3 facilitators had a lot of wisdom to offer — not only did they have insight into yoga and their experiences as teachers, they gave insight into the impact of different life experiences outside of yoga. They facilitated a very reflective process — one which I not only valued as an educational experience but also as personal development. Throughout my experience, I gained friends, confidants, and advisors. At the end of training, I broadened my knowledge of yoga philosophy, yoga sequencing, anatomy, how the body works and moves, and mindfulness practices, as well as gained valuable experiences practicing yoga and developing friendships.

Favorite Part

I enjoyed the many different aspects of YTT, such as learning the dynamics in yoga history and philosophy, anatomy, and meditation. My top 3 favorite experiences of YTT were developing friendships with the other women in the cohort, practicing yoga led by our facilitators, and learning hands on assists. I have gained valuable friendships because of the program. I look to each of the three facilitators as a mentor, and I really enjoyed when they would lead us through a yoga practice after a long day of learning. Lastly, I thrived in the “learning laboratory” of YTT — the facilitators breathed life into the concepts we were learning. My favorite thing we experimented with in our learning laboratory was hands on assists. I found it fascinating to apply concepts we learned in the anatomy module to assisting yoga students in various postures. I enjoyed YTT as a holistic experience, and I will cherish the friendships made, yoga practices shared, and knowledge of anatomy in hands on assisting.



Celebrating graduation as a yoga teacher!